

# *Parenting Is Prevention*

Karol L. Kumpfer, Ph.D.  
Associate Professor  
Health Promotion and Education  
University of Utah

Department of Mental Health  
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Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention



BIPPITY-BOPPITY  
BEGONE!  
UM, LET'S TRY THIS ONE...  
ABRACA-SCRAM  
...HAM, DIDN'T SEEM TO WORK...  
DRAGON DRAGON GO  
AWAY... HAM, WE'LL LET'S  
TRY...



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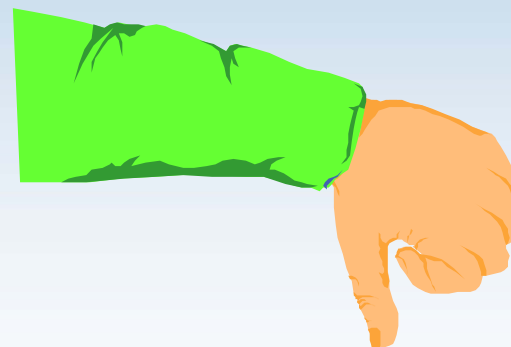
## Good News:

- ❖ We know how to prevent drug abuse by strengthening families, schools, and communities.



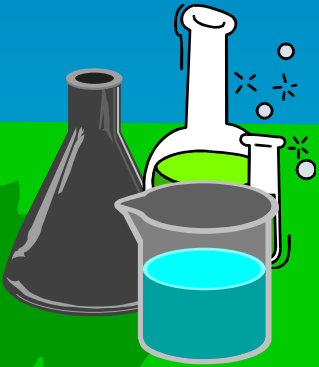
## Bad News:

- ❖ Prevention of drug abuse is not easy. There are no quick fixes. A media campaign is not enough.



# *The Great Disconnect*

**Research**

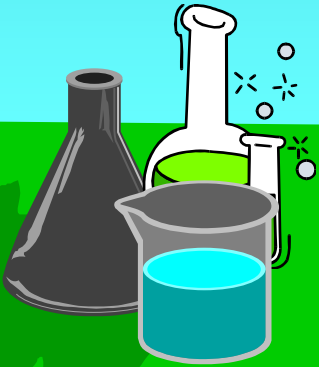


**Practice**

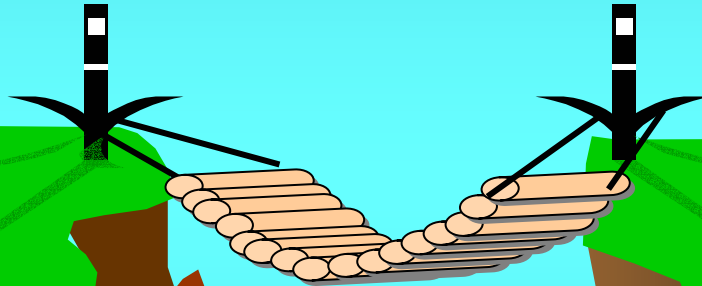


# *Building the Bridge*

## Research



## Practice



# *Vision for the Future*

**Research**

**Practice**



# Listen as Well as Talk



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# **Parents Matter**

## **Parents are Role Models and Teach Children Health Habits**



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# **Parents Matter**

**Teens report parent disapproval  
is the primary reason not to use  
drugs.**

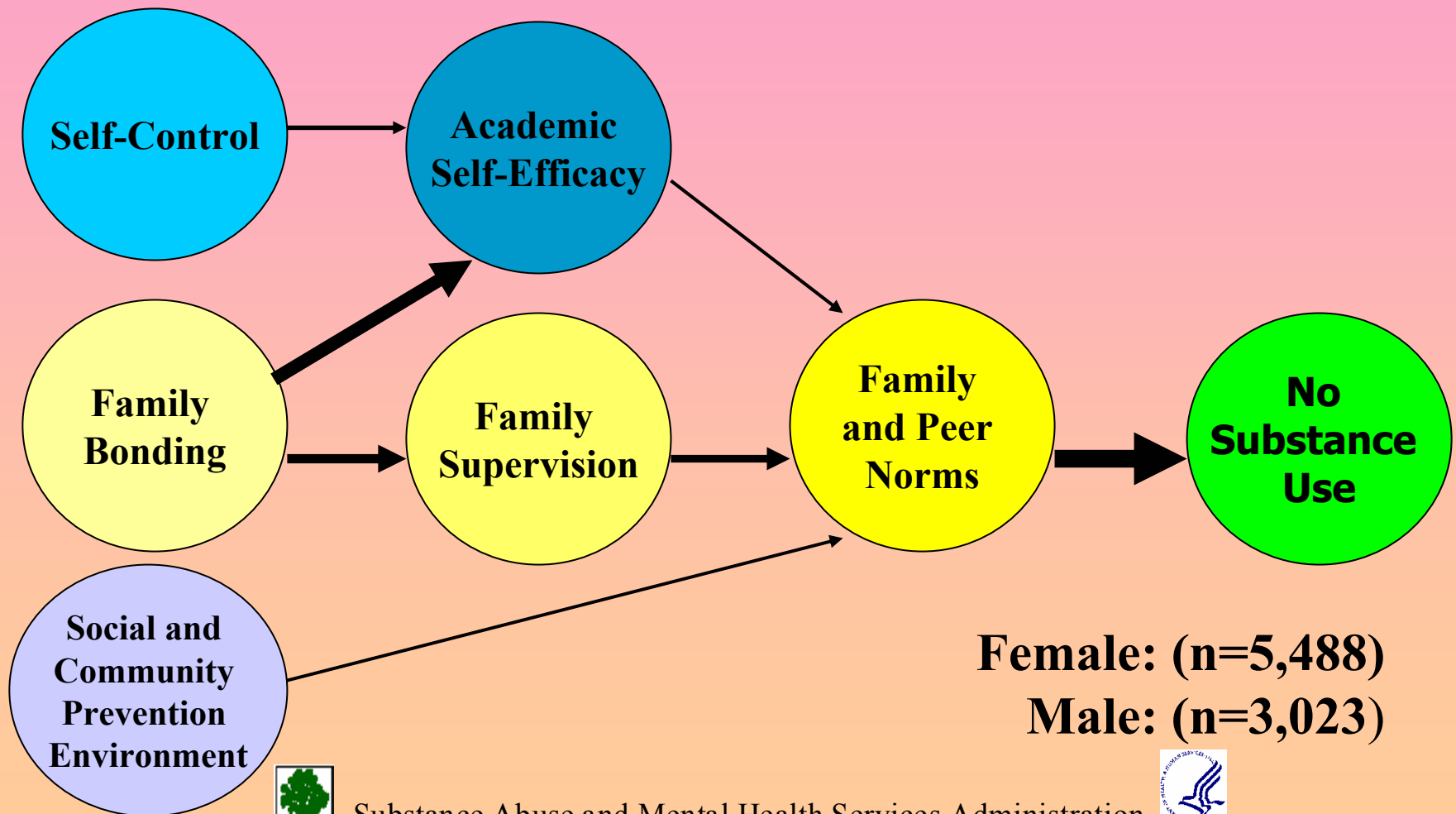
**(Monitoring the Future, 2001)**



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# Pathways to Preventing Substance Use for High Risk Youth



**Female: (n=5,488)**

**Male: (n=3,023)**



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# *Biological Risk Factors for Alcohol and Drug Abuse*

- ❖ Difficult Temperament
- ❖ Rapid Tempo or Hyperactivity
- ❖ Rapid Brain Waves
- ❖ Autonomic Hyperreactivity
- ❖ Verbal Learning Disorder
- ❖ Different Liver Metabolism



# *Family Risks for Addiction*

- ❖ Family addiction
- ❖ Family conflict
- ❖ Physical and sexual abuse
- ❖ Poor parenting skills
- ❖ Lack of guidance
- ❖ Poverty



# *Family Protective Factors*

- ❖ Spirituality
- ❖ Love
- ❖ Family rituals
- ❖ Sober, non-alcohol abusing parents
- ❖ Resilient parents
- ❖ Precise Authoritative Parenting



***Family-based prevention programs are 9 times more effective and produce lasting results.***



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# *Effect Sizes for Child-Only Prevention Approaches*

❖ School-based Affective	-.05
❖ Knowledge plus Affective	.05
❖ Life or Social Skills Training	.28
❖ Mean Child Intervention	.10



# *Effect Sizes for Family-based Prevention Approaches*

❖ Parent Skills Training	.31
❖ Family Skills Training	.82
❖ In-home Family Support	1.62
❖ Mean Family Interventions	.96





# **What Can Be Done?**

## **Effective Family Intervention Strategies**

- 1. Parent Training**
- 2. Family Skills Training**
- 3. Family In-Home Support**
- 4. Family Therapy**

## **CSAP Family PEPS (1998)**



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# Strengthening America's Families

## Exemplary Family Programs

### Parent Training

- ❖ **Helping the Noncompliant Child (3-7 Years; Parent Training)**  
*Robert McMahon, Ph.D., Seattle, WA*
- ❖ **Parents and Children's Series (3-8 Years; Comprehensive)**  
*Carolyn Webster-Stratton, Ph.D., Seattle, WA*
- ❖ **Raising a Thinking Child: I Can Problem Solve Program for Families (4-7; Parent Training)**  
*Myrna Shure, Ph.D., Philadelphia, PA*
- ❖ **Treatment Foster Care (12-18 Years; Parent Training)**  
*Patricia Chamberlain, Ph.D., Eugene, OR*



# Exemplary Family Programs

## Family Skills Training

- ❖ **Strengthening Families Program (6-10 Years: Family Skills Training)**

*Karol Kumpfer, Ph.D., SLC, UT*

- ❖ **Iowa Strengthening Families Program with Pre-& Early Teens (10-14; Family Skills)**

*Richard Spoth, Ph.D., Ames, IA*

- ❖ **Preparing for the Drug Free Years (8-14 Years; Parent & Child Training)**

*David Hawkins, Ph.D., Seattle, WA*



# Exemplary Family Programs

## Family In-Home Support

- ❖ **Prenatal & Early Childhood Nurse Home Visitation (0-5; Family In-Home Support)**

*David Olds, Ph.D., Denver, CO*

## Family Therapy

- ❖ **Structural Family Therapy (0-18 Years; Family Therapy)**  
*Jose Szapocznik, Ph.D., Miami, FL*
- ❖ **Functional Family Therapy (6-18 years; Family Therapy)**  
*James T. Alexander, Ph.D., SLC, UT*
- ❖ **Multisystemic Therapy Program (10-18 Years; Comprehensive)**  
*Scott W. Henggeler, Ph.D., Charleston, SC*



# HOW SHALL WE BUILD A BETTER FUTURE FOR OUR CHILDREN?

BY PROTECTING AND  
RESTORING CHILDREN'S  
NATURAL HABITAT

INCREASE FUNDS FOR  
PREVENTION



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# *How You Can Reach Us for Family Program Descriptions*

❖ [www.strengtheningfamilies.org](http://www.strengtheningfamilies.org)

❖ [strengtheningfamiliesprogram.org](http://strengtheningfamiliesprogram.org)



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